



Healthy Brown Bag Lunch Prep

Stock your kitchen with healthy foods from the list below to make packing lunch quicker and easier.

Fresh vegetables – baby carrots, cherry tomatoes and pre-cut vegetables are quick to pack: buy whole vegetables like broccoli, bell peppers and celery; chop them up to use throughout the week on sandwiches, wraps or salads

Fresh mixed greens or spinach – pile onto sandwiches, wraps or use in salads

Frozen vegetables – try those you can steam in the package; a great idea if you've got a microwave available to you at work

Grab and Go: Whole fruit like apples, bananas, oranges, clementines, pears, grapes

Canned fruit (in juice, not syrup) - try individual serving cups or cans of mandarin oranges, peaches or pineapple

Whole Grains: 100% whole wheat bread, pitas, and/or wraps (high fiber= best choice)

Pre-cooked brown rice, quinoa or couscous: add to a salad or enjoy warmed up in the microwave

Canned tuna, canned beans, roasted turkey, beef or rotisserie chicken leftover from last night's dinner meal, hard boiled eggs, nuts or seeds

Skim or 1% milk (soymilk or almond milk are also good options) yogurt- try plain and add your own fruit or berries, cottage cheese– cut back on calories: try 1% or 2% fat

Add Flavor! Hot sauce, hummus, light salad dressing, mustard, salsa, balsamic vinegar, olive oil or lemon juice

Bringing a nutrition packed lunch to work contributes to a healthy lifestyle and may also save you money!

Source: <http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/food-tips/quick-meal-ideas/quick-lunch-ideas>

www.commonhealth.virginia.gov

The contents of the CommonHealth weekly emails may be reprinted from an outside resource in the area of health, safety, and wellness and is intended to provide one or more views on a topic. These views do not necessarily represent the views of the Commonwealth of Virginia, CommonHealth, or any particular agency and are offered for educational purposes. If you have questions or concerns about this article, please email us at wellness@dhrm.virginia.gov